HIIT NOW CHOREOGRAPHY TEMPLATE MARCH 2021

SECTION	BPM	APHY TEMPLATE MARCH 2021 DESCRIPTION	COUNTS	TIME	MUSIC CUES
		Prep	32 x 1	15 sec.	
TRACK 1 WARM UP Say My Name		Move 1:	32 x 2	30 sec.	
		Move 2:	32 x 2	30 sec.	-
	128	Move 3:	32 x 2	30 sec.	-
		Move 4:	32 x 2	30 sec.	-
		Move 5:	32 x 2	30 sec.	
		Move 6:	32 x 2	30 sec.	
		REST	32 x 2	30 sec.	
		Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it " to start move 1 00:30 "3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 " 3, 2, 1, Go " to start move 2 01:15 " 3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
TRACK 2		Move 3	32 x 2	30 sec.	01:30 " 3 , 2 , 1 , Go " to start move 3 02:00 " 3 , 2 , 1 , Rest " to stop
Shot Me		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Down		Move 4	32 x 2	30 sec.	02:15 " 3 , 2 , 1 , Go " to start move 4 02:45 " 3 , 2 , 1 , Rest " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 " 3 , 2 , 1 , Go " to start move 5 03:30 " 3 , 2 , 1 , Recover " to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 " 3 , 2 , 1 , Go " to start move 6 04:15 " 3 , 2 , 1 , Recover " to stop
	144	RECOVER	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it " to start move 1 00:30 "3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 " 3, 2, 1, Go " to start move 2 01:15 " 3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
TRACK 3		Move 3	32 x 2	30 sec.	01:30 " 3 , 2 , 1 , Go " to start move 3 02:00 " 3 , 2 , 1 , Rest " to stop
Bohemian		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Rhapsody		Move 4	32 x 2	30 sec.	02:15 " 3 , 2 , 1 , Go " to start move 4 02:45 " 3 , 2 , 1 , Rest " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 " 3 , 2 , 1 , Go " to start move 5 03:30 " 3 , 2 , 1 , Recover " to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 " 3 , 2 , 1 , Go " to start move 6 04:15 " 3 , 2 , 1 , Recover " to stop
		RECOVER	32 x 4	60 sec.	
	144	Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it " to start move 1 00:30 "3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
TRACK 4 Judas		Move 2	32 x 2	30 sec.	00:45 " 3 , 2 , 1 , Go " to start move 2 01:15 " 3 , 2 , 1 , Rest " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 " 3 , 2 , 1 , Go " to start move 3 02:00 " 3 , 2 , 1 , Rest " to stop
		REST	32 x 1		02:00 – 02:15 Stripped down beat

		Move 4	32 x 2	30 sec.	02:15 " 3 , 2 , 1 , Go " to start move 4 02:45 " 3 , 2 , 1 , Rest " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 " 3, 2, 1, Go " to start move 5 03:30 "3, 2, 1, Recover " to stop
		REST	32 x 4	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 " 3, 2, 1, Go " to start move 6 04:15 "3, 2, 1, Recover " to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it " to start move 1 00:30 "3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 " 3, 2, 1, Go " to start move 2 01:15 " 3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
TRACK 5		Move 3	32 x 2	30 sec.	01:30 " 3, 2, 1, Go " to start move 3 02:00 " 3, 2, 1, Rest " to stop
Rolling In		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
The Deep		Move 4	32 x 2	30 sec.	02:15 " 3, 2, 1, Go " to start move 4 02:45 " 3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 " 3 , 2 , 1 , Go " to start move 5 03:30 " 3 , 2 , 1 , Recover " to stop
		REST	32 x 4	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 " 3 , 2 , 1 , Go " to start move 6 04:15 " 3 , 2 , 1 , Recover " to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it " to start move 1 00:30 "3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
	150	Move 2	32 x 2	30 sec.	00:45 " 3 , 2 , 1 , Go " to start move 2 01:15 " 3 , 2 , 1 , Rest " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
TRACK 6		Move 3	32 x 2	30 sec.	01:30 " 3 , 2 , 1 , Go " to start move 3 02:00 " 3 , 2 , 1 , Rest " to stop
Hurts Like		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Hell		Move 4	32 x 2	30 sec.	02:15 " 3 , 2, 1, Go" to start move 4 02:45 " 3 , 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 " 3 , 2 , 1 , Go " to start move 5 03:30 " 3 , 2 , 1 , Recover " to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 " 3 , 2 , 1 , Go " to start move 6 04:15 " 3 , 2 , 1 , Recover " to stop
	-	REST	32 x 4	60 sec.	00:00 "3, 2, 1, Hit it " to start move 1
		Move 1	32 x 2	30 sec.	00:30 " 3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat 00:45 "3, 2, 1, Go" to start move 2
TRACK 7 Hate Me		Move 2	32 x 2	30 sec.	01:15 " 3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat 01:30 "3, 2, 1, Go " to start move 3
		Move 3	32 x 2 32 x 1	30 sec. 15 sec.	02:00 " 3, 2, 1, Rot to start move 3 02:00 " 3, 2, 1, Rest " to stop 02:00 – 02:15 Stripped down beat
		REST Move 4	32 x 1 32 x 2	30 sec.	02:15 " 3, 2, 1, Go " to start move 4
					02:45 "3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat 03:00 " 3, 2, 1, Go " to start move 5
		Move 5	32 x 2	30 sec.	
		Move 5 REST	32 x 2 32 x 1	30 sec. 15 sec.	03:30 "3, 2, 1 , Recover " to stop 03:30-03:45 Stripped down beat

					04:15 "3, 2, 1, Recover" to stop
		REST	32 x 4	60 sec.	
TRACK 8 My Songs Know What You Did In The Dark (Light Em Up)		Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it " to start move 1 00:30 "3, 2, 1, Rest " to stop
		REST	32 × 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 " 3, 2, 1, Go " to start move 2 01:15 " 3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 " 3, 2, 1, Go " to start move 3 02:00 " 3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 " 3, 2, 1, Go " to start move 4 02:45 " 3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 " 3, 2, 1, Go " to start move 5 03:30 "3, 2, 1, Recover " to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 " 3, 2, 1, Go " to start move 6 04:15 "3, 2, 1, Recover " to stop
		REST	32 x 4	60 sec.	
	150	Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it " to start move 1 00:30 "3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 " 3 , 2 , 1 , Go " to start move 2 01:15 " 3 , 2 , 1 , Rest " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 " 3 , 2 , 1 , Go " to start move 3 02:00 " 3 , 2 , 1 , Rest " to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
TRACK 9 Unfaithful		Move 4	32 x 2	30 sec.	02:15 " 3 , 2 , 1 , Go " to start move 4 02:45 " 3 , 2 , 1 , Rest " to stop
		REST	32 × 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 " 3 , 2 , 1 , Go " to start move 5 03:30 " 3 , 2 , 1 , Recover " to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 " 3 , 2 , 1 , Go " to start move 6 04:15 " 3 , 2 , 1 , Recover " to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it " to start move 1 00:30 "3, 2, 1, Rest " to stop
	160	Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it " to start move 1 00:30 "3, 2, 1, Rest " to stop
		REST	32 × 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 " 3, 2, 1, Go " to start move 2 01:15 " 3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 " 3 , 2 , 1 , Go " to start move 3 02:00 " 3 , 2 , 1 , Rest " to stop
TRACK 10		REST	32 × 1	15 sec.	02:00 – 02:15 Stripped down beat
bad guy		Move 4	32 x 2	30 sec.	02:15 " 3 , 2 , 1 , Go " to start move 4 02:45 " 3 , 2 , 1 , Rest " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 " 3 , 2 , 1 , Go " to start move 5 03:30 " 3 , 2 , 1 , Recover " to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 " 3 , 2 , 1 , Go " to start move 6 04:15 " 3 , 2 , 1 , Recover " to stop
		REST	32 x 4	60 sec.	
TRACK 11		Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it " to start move 1 00:30 "3, 2, 1, Rest " to stop

Adagio for Strings		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 " 3, 2, 1, Go " to start move 2 01:15 " 3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 " 3, 2, 1, Go " to start move 3 02:00 " 3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 " 3, 2, 1, Go " to start move 4 02:45 " 3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 "3, 2, 1, Go " to start move 5 03:30 "3, 2, 1, Recover " to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 " 3, 2, 1, Go " to start move 6 04:15 "3, 2, 1, Recover " to stop
		REST	32 x 4	60 sec.	
TRACK 12 COOLDOWN Apologize	120			3min. 14 sec.	